

# YEAR 3: WEEK 5 EMOTIONAL REGULATION TOOLKIT



## WHAT HAVE WE BEEN LEARNING?

This week your child has been learning about different tools they can use to help themselves feel better (emotional regulation) if they are feeling wobbly. They have been encouraged to ask for help from their Trusted Adults.



## WATCH

Watch the film clip and encourage your child to think about the importance of asking for help.

[Week 5 Film Clip: Emotional Regulation Toolkit](#)



## TALK

Why happened in the film clip?  
Why is it important to ask for help?

Here is a list of 'tools' we can use when our tower feels wobbly. Your child will have learnt about these at school:

- Talking to a trusted adult
- Taking deep breaths
- Playing with friends
- Taking 'time out'
- Having a snack or drink
- Running around outside
- Having a rest
- Having some quiet drawing time
- Reading a story



## DO (ADULT SUPERVISION: SCISSORS REQUIRED)

Using the worksheet and a clear pot or tub from home, help your child make their own 'emotional regulation toolkit'. Decorate each strip, come up with your own ideas on the blank ones. Once you have lots of ideas, fold up the pieces of paper, put them into your pot or tub, and choose a place in your home for them to live.

Make a plan with your child that whenever they are feeling wobbly, you can look at their tools together and try out the ideas.



# MY EMOTIONAL REGULATION TOOLKIT

TAKE A DEEP BREATH

HAVE A DRINK OF WATER

TALK TO A TRUSTED ADULT

TELL YOURSELF: IT'S OK TO FEEL THE WAY YOU ARE FEELING

DANCE LIKE NOBODY IS WATCHING

## WHAT TO DO:

1. You will notice 5 strips with tools that you could use if your tower felt wobbly
2. On each of the blank strips of paper draw and write one of your own emotional regulation tools
3. Colour in each strip as creatively as you can
4. Now you can fold each strip up and pop it in to a clean pot (e.g. a spare tub/ small box).
5. And there you have it! Your very own emotional regulation toolkit, which you can dip into whenever you need it

